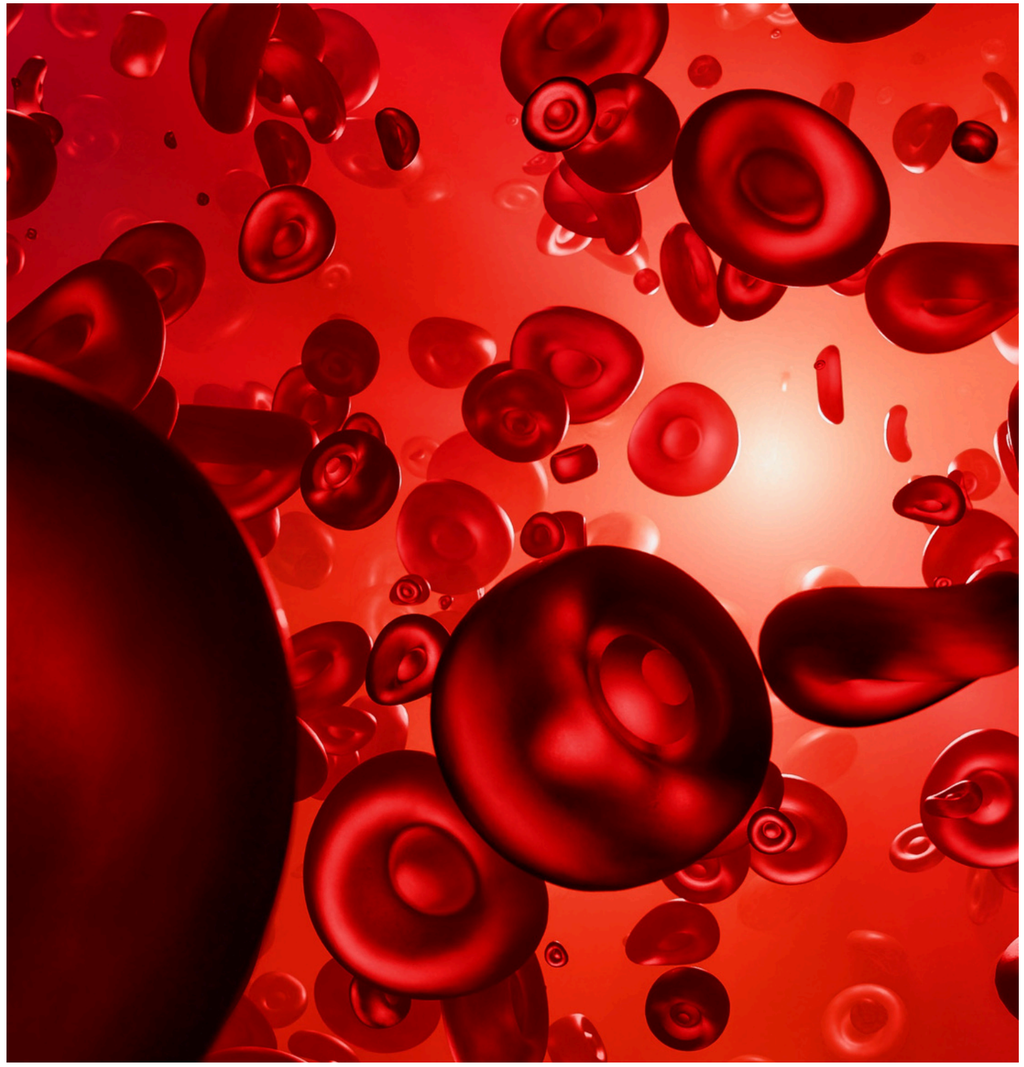
Dr. Ravi Shankar — Pediatric Hemato-Oncology & Blood Cancer Specialist

Thalassemia Understanding a Common Inherited Blood Disorder



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What is Thalassemia?

→ Thalassemia is an inherited blood disorder that affects the body's ability to produce healthy hemoglobin.

→ oglobin is a protein in red blood cells responsible for carrying oxygen throughout the body.

→ Reduced hemoglobin production leads to anemia and related health complications.

The condition is passed from parents to children through genes.

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Causes and Symptoms

Causes

→ Genetic mutations affecting hemoglobin production.

→ Inherited from one or both parents.

Common Symptoms

→ Persistent fatigue and weakness

→ Pale or yellowish skin

→ Shortness of breath

→ Delayed growth and development in children

→ Enlarged spleen

→ Bone deformities, particularly in the face

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Diagnosis and Treatment

Diagnosis

→ Complete Blood Count (CBC)
→ Hemoglobin Electrophoresis
→ Genetic Testing
→ Prenatal Screening

Treatment Options

→ Regular Blood Transfusions
→ Iron Chelation Therapy
→ Folic Acid Supplements
→ Bone Marrow/Stem Cell Transplantation
→ Supportive Medical Care and Monitoring

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Prevention and Conclusion

Prevention

→ Genetic counseling before marriage or pregnancy
→ Carrier screening programs
→ Prenatal diagnosis for at-risk pregnancies

Conclusion

→ Thalassemia is a lifelong genetic condition that requires ongoing care.
→ Early diagnosis and proper treatment improve quality of life.
→ Awareness, screening, and timely medical intervention play a key role in managing the disease effectively.

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